



Key

- Route and towns - Colours change to show alternate days
- Start and finish towns for each day
- Day number (red for weekends)
- Route between finish point and the next day's official start

Note: route shown as straight lines as flame travels by convoy before being run through towns



After touring Northern Ireland, the torch makes its only non-UK excursion, to Dublin, where a city centre event will mark the occasion



When the flame reaches Manchester one of the torchbearers will be Sir Chris Hoy, the track cyclist who won three gold medals at the 2008 Beijing Games. Another is Peter Burkhall, the BA pilot hailed as a hero in 2008 for saving 152 lives when he crash-landed his Boeing 777 just short of Heathrow airport when the engines failed



Torch shown at 85% actual size



Day 10: The flame, in the form of a lantern, will be carried more than 1,000m to the summit of Snowdon on the Snowdon Mountain Railway



Day 5: torch passes through Royal Wootton Bassett, which acquired its prefix last year after residents honoured 345 dead service personnel returned to the UK at nearby RAF Lyneham



Torch travels by helium balloon as it passes the Eden Project



The first torch sets out on a 8,000-mile relay around the UK

Torch makes its first royal stopover, at Balmoral. It also goes through the Sandringham estate in Norfolk, Windsor Castle and, on its penultimate day, Buckingham Palace



Another unusual mode of transport, as the flame is taken across the Tyne bridge on a zip wire

The Olympic flame will come within 10 miles (one hour) of 95% of people in the UK



Wenlock, one of the 2012 Olympic mascots, is named after the Shropshire town of Much Wenlock, known as the birthplace of the modern Olympics following a pioneering event there in 1850



The northernmost part of the relay, Lerwick in the Shetland Islands



The moment of glory for the oldest torchbearer, Dinah Gould, who will be 100 by 25 July. She is pictured here with the youngest runner, Dominic John McGowan, 11, who will be 12 when he runs in Birmingham on 1 July

The torch

80 cm tall, the Barber Osgerby-designed torch has three sides, corresponding to the Olympic motto - Citius, Altius, Fortius (Faster, Higher, Stronger)

800 grams of aluminium alloy and either gold or titanium nitride make up the torch, inside which will be placed a fuel canister burning a mixture of propane and butane for about 10 minutes

8,000 laser-cut holes perforate the torch casing, matching the number of people who will each carry it. 7,300 of the torchbearers were nominated and the remaining 700 are either athletes or celebrities

Torchbearers run an average of 300 metres each

Lakshmi Mittal, the steel magnate who gave almost £20m to build Anish Kapoor's vast Orbit sculpture in the Olympic park, gets something in return when he and his son, Aditya, carry the flame through Kensington and Chelsea



Among those carrying the flame though Doncaster will be Ben Parkinson, 27, who suffered terrible injuries in a blast in Afghanistan in 2006. He will cover the 300 metres using computerised legs



In York, the torch procession will be joined by a group of cyclists. This will also take place in the similarly bike-friendly city of Cambridge



London see detail map



Stoke Mandeville, where the Paralympics originated at the town's eponymous hospital with sports competitions for injured second world war veterans, gives its name to the other 2012 mascot

